

Blank Log 2: Children and Youth

Name _____

Log #2 is a personal weekly Activity Log to record the total minutes of moderate- to vigorous-intensity physical activity accumulated each day. Note the days that you participate in vigorous activity and the days that you do muscle- and bone-strengthening activities. Add them up every week and see if you're meeting the guidelines!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


Activity




Activity



Activity




Activity




Activity




Activity



Activity




Activity




Activity




Activity




Activity




Activity




Activity




Activity




Activity




Activity




Activity




Activity



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Activity



Total




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